

6. Providing and Monitoring ACH/PC

Enrolled adult care home providers will provide necessary personal care assistance for the resident according to the resident's ACH/PC care plan and all applicable laws, regulations, and standards for care.

6.1 Personal Care Aides

You must assure that only aides who are qualified to perform the needed personal care assistance according to the licensure rules by which the adult care home is licensed are assigned to provide care for the resident. Aides must receive on-the-job training and supervision as necessary, according to licensure rules, for the performance of individual assignments prior to meeting training and competency requirements.

6.2 Supervision of Aides

Staff who supervise aides that perform personal care tasks must be qualified and receive training and supervision according to the licensure rules by which the adult care home is licensed.

6.3 Licensed Health Professional Support

You must assure that a registered nurse, licensed under G.S. 90, Article 9A, participates in the on-site review and evaluation of the residents' health status, care plan and care provided for residents requiring, but not limited to, one or more of the following personal care tasks. The review and evaluation shall be completed within the first 30 days of admission or within 30 days from the date a resident develops the need for the task and at least quarterly thereafter, according to licensure rule.

- applying and removing ace bandages, ted hose, and binders;
- feeding techniques for residents with swallowing problems;
- bowel or bladder training programs to regain continence
- enemas, suppositories and vaginal douches;
- positioning and emptying of the urinary catheter bag and cleaning around the urinary catheter;
- chest physiotherapy or postural drainage;
- clean dressing changes;
- collecting and testing of fingerstick blood samples;
- care of well established colostomy or ileostomy;
- care for pressure ulcers;
- inhalation medication by machine;
- maintaining accurate intake and output data;
- medication administration through gastrostomy feeding tube;
- medication administration through injection;
- oxygen administration and monitoring;
- the care of residents who are physically restrained and the use of care practices as alternatives to restraints;
- oral suctioning;
- care of well established tracheostomy; or
- administering and monitoring of gastrostomy tube feedings.

You must assure that a registered nurse, occupational therapist licensed under G.S. 90, Article 18D, or physical therapist licensed under G.S. 90-270.24, Article 18B, participates in the on-site review and evaluation of the resident's health status, care plan, and care provided within the timeframes specified in the preceding paragraph for those residents who require one or more of the following personal care tasks:

- application of prescribed heat therapy;
- application and removal of prosthetic devices except as used in early post-operative treatment for shaping of the extremity;
- ambulation using assistive devices;
- range of motion exercises;
- any other prescribed physical or occupational therapy; or
- transferring semi-ambulatory or non-ambulatory residents.

You must assure that licensed practical nurses and non-licensed personnel are trained and competency validated for personal care tasks listed in Section 6.3, according to licensure rule.

Staff who perform personal care tasks listed in Section 6.3 must be at least annually observed providing care to residents by a licensed registered nurse or other appropriate licensed health professional who is employed by the home or under contract or agreement, individually or through an agency, with the home.